

Riverhawk Invitational

Friday and Saturday February 6-7, 2026

The Track at New Balance

FINAL TIME SCHEDULE- FRIDAY (WOMEN)

Running Events- All final running events are fast to slow. We will run up to 15 minutes ahead of schedule.

10:00am	5,000m Final
10:55am	60m HH Qualifying
11:20am	60m Qualifying
11:50am	60m HH Final
11:55am	60m Final
12:10pm	Mile Final
12:40pm	400m Final
1:10pm	500m Final
1:25pm	800m Final
1:45pm	1,000m Final
2:05pm	200m Final
2:55pm	3,000m Final
3:40pm	4x400m relay Final

Field Events (only top 2 horizontal “invitational” flights eligible for finals)

9:00 am Weight Throw- 1 open flight followed immediately by invitational flights
30 minutes after WT- Invitational Shot Put

Open Shot Put- 2 flights- immediately after invitational SP flights and final

10:00 am Long Jump- invitational flights- inside pit, 3 open flights- outside pit
1:00 pm Triple Jump- invitational flights- inside pit, open flights- outside pit
(will push back to allow 30 minutes after LJ if necessary)

11:00 am Pole Vault- Pit A outside (3.51 cutoff), Pit B inside
1:00 pm High Jump- Pit A finish line side (1.56 cutoff), Pit B window side

FINAL TIME SCHEDULE SATURDAY (MEN)

Running Events- All final running events are fast to slow. We will run up to 15 minutes ahead of schedule.

10:00am	5,000m Final
11:00am	60m HH Qualifying
11:20am	60m Qualifying
11:50am	60m HH Final
11:55am	60m Final
12:10pm	Mile Final
12:45pm	400m Final
1:30pm	500m Final
1:55pm	800m Final
2:20pm	1,000m Final
2:30pm	200m Final
3:30pm	3,000m Final
4:15pm	4x400m relay Final

Field Events (only top 2 horizontal “invitational” flights eligible for finals)

9:00 am	Weight Throw- 1 open flight followed immediately by invitational flights
30 minutes after WT- Invitational Shot Put	Open Shot Put- 2 flights immediately after invitational SP flights and final
10:00 am	Long Jump- invitational flights- inside pit, 3 open flights- outside pit
1:00pm	Triple Jump-inside pit, 1 open followed immediately by 2 invitational flights (will push back to allow 30 minutes after LJ if necessary)
11:00 am	Pole Vault- Pit A outside (4.40 cutoff), Pit B inside
1:00 pm	High Jump- Pit A finish line side (1.91 cutoff), Pit B window side

Check-in/Scratches: All entries and scratches must check-in or scratch at the check-in area, now located outside of the oval finish line in the northwest corner.

Spike check: is now in the southwest corner, please check spikes early.

This meet is open to all college/university teams, open, club, red-shirt and unattached athletes. Please direct all meet information

Meet Director: Gary Gardner gary_gardner@uml.edu, Ally Waruch Allyson_waruch@uml.edu

Entry: All entries MUST go through www.directathletics.com. Entries close at 8:00pm on Tuesday, February 3, 2026.

All seeds will be verified on TFRRS

Entry Fees: Please remember this is an entry fee, not an acceptance fee. All fees will be paid on

A descending order list will be sent to all coaches for review and scratches. I will send updates and let people know if someone moves into the meet after scratches.

Please send scratches as you have them until the final acceptance list is sent out by February 5th. All other scratches should be done on meet day at the facility.

Wristbands must be worn by athletes and coaches and will be available at packet pick-up. The coaches and athlete wristbands are the same for both days, please have everyone keep them for both days.

Admission for Spectators (**cash or venmo only**):

Adults- \$10 each day

Children under 16- free

A few notes:

Athlete Drop off and Pole Vault Poles need to use the Main Entrance on 91 Guest Street using the outside stairs. Bus parking is off site so drop off only (Soldiers Field Rd. DRC Parking lot @ 1175a Soldiers Field Boston 02116 for bus parking). Parking for vans and cars will be in the garage at New Balance or Warrior Ice Arena and it is paid parking \$15 fee.

Warm-up area- You are free to warm-up on the practice track on the floor above. Please, tell your athletes not to warm up on the infield. This facility has space outside of the oval for warm-up.

Vinyl tape only for marks (no chalk or athletic tape) we will have some for teams to use. Please, set up all team camps in the seating area. Do not set up on the warm-up track or on the competition floor. We want to keep those areas free for competitors and active warm-up.